

APPROVED FOOD LIST

Nebraska WIC Program

October 1, 2009 – September 30, 2012



RIGHTS & RESPONSIBILITIES

I understand that:

- Everything I tell WIC must be the truth to the best of my knowledge and may be verified.
- If I am enrolling a child or infant, I must be their legal guardian, custodial parent, or foster parent.
- All information I give WIC is private. WIC staff will not give out this information without my signed release.
- I may only get checks from one WIC program at a time.
- I may not receive CSFP (Commodity Supplemental Food Program) while receiving WIC for the same person.
- The foods given by WIC are only for the WIC client.
- If I do not follow the WIC program rules, I may receive sanction points. If I accumulate too many sanction points I can be taken off WIC.
- Standards for eligibility for WIC are the same for everyone, regardless of race, color, national origin, age, disability or sex.
- If I feel I have been discriminated against I may file a complaint.
- If I disagree with a decision regarding my eligibility, I may request a fair hearing. I may do so by mail, verbally, or in writing to the WIC program. My request must be made within 60 calendar days of when the written denial or termination of benefits was mailed or given to me. A detailed copy of the Fair Hearing Procedures is available on request from the Local Program Director.
- If I am unable to keep my appointment, I should call the local agency number on my ID folder.
- I will report address and/or phone changes at my next scheduled appointment.
- Presumptive eligible pregnant women found to have no nutritional risk within the first 60 days of certification will no longer be eligible for the Program and will receive no additional benefits.
- I am encouraged to participate in the health assessment, referrals & nutrition education available to me through the program.
- If I do not follow the rules for using my WIC checks, or sell or give away my WIC checks or foods I may be asked to repay the WIC Program the value of the WIC foods received.
- My signature on the certification form allows staff of the Food Stamp and Food Stamp Nutrition Education Program; Medicaid; Perinatal, Child and Adolescent Health Unit; Newborn Screening; CSFP; and Immunization programs to see the information for purposes of outreach, referral, and eligibility. They cannot share the information with a third party.
- Intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the state agency, in cash the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law.

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COLD CEREALS

National Brands

12 oz or larger *Whole Grain

General Mills



*Cheerios



Corn Flakes



*Frosted Mini
Wheats
Bite Size



*Unfrosted
Mini Wheats
Bite Size

Malt-O-Meal



Crispy Rice



*Frosted Mini
Spooners



Honey & Oat
Blenders



Honey & Oat
Blenders
with Almonds



Strawberry
Cream Mini
Spooners

Post



*Grape-Nuts



Honey
Bunches of
Oats with
Almonds



Honey
Bunches of
Oats with
Cinnamon
Bunches



Honey
Bunches of
Oats Honey
Roasted



*Honey
Bunches of
Oats with
Vanilla
Bunches

Quaker



*Life



*Oatmeal
Squares
Cinnamon



*Oatmeal
Squares Hint of
Brown Sugar

COLD CEREALS

Store Brands

Always Save



*Toasted Oats

Best Choice



Corn Flakes



Crisp Rice

Best Choice continued



*Enriched Bran Flakes



*Frosted Shredded Wheat Bite Size



*Happy O's



Honey Oat Clusters



Honey Oat Clusters / Almonds



*Nutty Nuggets



*Wheat Flakes

Great Value



*Bran Flakes



Corn Flakes



Crispy Rice



Crunchy Nuggets



*Frosted Shredded Wheat



*Toasted Whole Grain Oats

COLD CEREALS

Store Brands

HY-VEE



*Bite Size Frosted Shredded Wheat



Corn Flakes



Crispy Rice



*Enriched Bran Flakes



Honey Oats & Flakes with Almonds



*Nutty Nuggets



Oat & More with Honey



*Tasteeos

IGA



*Bite Size Frosted Shredded Wheat



*Bran Flakes



Corn Flakes



Crispy Rice



Honey Oats & Flakes



*Nutty Nuggets



*Tasteeos

Kroger



Corn Flakes



Crispy Rice



*Frosted Wheat Bite Size



Honey Crisp Medley



Honey Crisp Medley/Almonds



*Nutty Nuggets



*Toasted Oats

COLD CEREALS

Store Brands

Market Pantry



*Frosted Bite-Size Shredded Wheat Original



Honey & Oat Mixers



*Toasted Oats

Our Family



Corn Flakes



Crispy Rice



*Frosted Bite-Size Shredded Wheat



*High Fiber Bran Flakes



*Krunch Nutties



Oats & More With Almonds



Oats & More With Honey



*Toasted Oats

Shurfine



*Bran Flakes



Corn Flakes



Crispy Rice



*Frosted Bite Size Shredded Wheat



Honey Oats & Flakes with Almonds



*Nutty Nuggets



*Toasted Oats

HOT CEREALS

National Brands

Little Crow



Coco Wheats

Malt-O-Meal



Malt-O-Meal
Chocolate



Malt-O-Meal
Creamy Hot
Wheat



Malt-O-Meal
Original

Nabisco



Cream of
Wheat
1 minute



Cream of
Wheat
2 1/2 minute



Cream of
Wheat
10 minute

Quaker

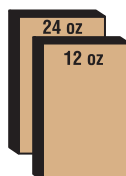
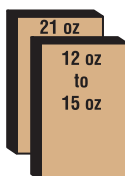
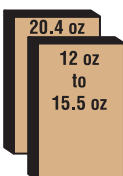
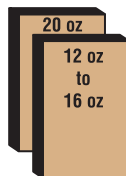
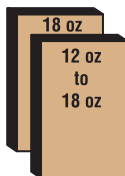
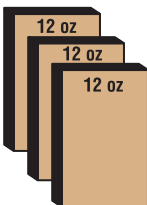


Instant Grits
Butter Flavor



Instant Grits
Original Flavor

Ways to Buy Up to 36 oz of Cereal



CEREALS

Buy any combination of WIC approved cereals, totaling 36 ounces or less.

HOT CEREALS

Store Brands

Best Choice



Creamy Wheat
Enriched Farina



*Instant Oatmeal
Regular

Great Value



Butter Flavor
Instant Grits
Enriched



Original
Instant Grits



*Original
Instant Oatmeal



Quick Farina
Hot Cereal

Hy-Vee



Creamy Wheat
Enriched Farina
2½ minute



*Instant Oatmeal
Regular Flavor

Market Pantry



*Instant Oatmeal
Regular Flavor

Shurfine



*Instant Oatmeal
Regular Flavor

CEREALS

Purchase ONLY the brands & types of Hot or Cold cereals pictured in this brochure.

BREAD & RICE

Whole
Grains

Allowed Size:
–16 ounce loaf only

100% Whole Wheat Bread

May Buy:

**Best
Choice**



100%
Whole Wheat
Enriched

Pepperidge Farm



Stone Ground
100%
Whole Wheat



Swirl 100%
Whole Wheat
Cinnamon with
Raisins



Very Thin Soft
100%
Whole Wheat

**Roman
Meal**



100%
Whole Wheat

Sara Lee



Classic 100%
Whole Wheat

Wonder



Soft 100%
Whole Wheat

Do Not Buy—deli bread, store bakery bread, bagels

Whole Grain Brown Rice

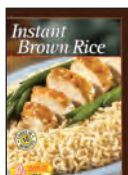
Brown Rice

- Instant, quick, or regular cooking

Any Brand

Allowed Size:

- 14 – 16 ounce bag or box



Do Not Buy—white rice, rice with additional seasonings, bulk rice, organic

JUICE

National Brands

Juice—64 Ounce Plastic Bottle

100% juice & no added sugar

100%
Juice

Campbell's—64 Ounce Bottle



Tomato

Approved Flavors:

- Tomato
- Tomato (Low Sodium)
- V8 100% Vegetable
- V8 100% Vegetable (Low Sodium)

Nestle Juicy Juice—64 Ounce Bottle



Apple Banana

Approved Flavors:

- Apple
- Apple Banana
- Apple Raspberry
- Berry
- Cherry
- Grape
- Kiwi Strawberry
- Orange Tangerine
- Punch
- Strawberry Banana
- White Grape

Old Orchard—64 Ounce Bottle



Blueberry
Pomegranate

Approved Flavors:

- 100% Apple
- Apple Cranberry
- Berry Blend
- Blueberry Pomegranate
- Cranberry Pomegranate
- 100% Grape
- Kiwi Strawberry
- Peach Mango
- Red Raspberry
- White Grape
- Wild Cherry

Tree Top—64 Ounce Bottle



Apple

Approved Flavor:

- Apple

Do Not Buy:

- 64 oz Juice bottles or cartons from the refrigerated cases
- Juices in cartons or glass bottles
- Juice drinks or cocktails
- Sweetened juices
- Organic juices
- Infant juice
- 46 oz bottles

JUICE

Store Brands

100%
Juice

Always Save—64 Ounce Bottle



Apple

Approved Flavor:

- 100% Apple

Best Choice—64 Ounce Bottle



Grape

Approved Flavors:

- 100% Apple
- Apple
- Berry
- Cherry
- 100% Grape
- Grape Blend
- Punch
- 100% White Grape
- Tomato
- Vegetable

Hy-Vee—64 Ounce Bottle



Cranberry
Apple

Approved Flavors:

- Cranberry
- Cranberry Apple
- 100% Grape
- Raspberry Cranberry
- Tomato
- Vegetable

IGA—64 Ounce Bottle



Apple

Approved Flavors:

- Apple
- Grape

Do Not Buy:

- 64 oz Juice bottles or cartons from the refrigerated cases
- Juices in cartons or glass bottles
- Juice drinks or cocktails
- Sweetened juices
- Organic juices
- Infant juice
- 46 oz bottles

JUICE

Store Brands

100%
Juice

Kroger—64 Ounce Bottle



Pineapple

Approved Flavors:

- Apple
- Blueberry
- Cranberry
- Traditional
- Cranberry Grape
- Cranberry Peach
- Cranberry Raspberry
- Grape
- Grapefruit Unsweetened
- Pineapple Unsweetened
- White Grape
- White Grape Peach

Market Pantry—64 Ounce Bottle



Tomato

Approved Flavors:

- Apple
- Grape
- White Grape
- Tomato
- Vegetable
- Vegetable Low Sodium

Our Family—64 Ounce Bottle



Grape

Approved Flavors:

- 100% Apple
- Berry
- Cherry
- Fruit Punch
- Grape
- Grape Blend
- Grapefruit
- Orange Tangerine
- White Grape
- Tomato
- Vegetable

Shurfine—64 Ounce Bottle



Berry

Approved Flavors:

- Berry Juice-A-Lot
- Cherry Juice-A-Lot
- Grape
- Grape Juice-A-Lot
- Punch Juice-A-Lot
- Tomato
- Vegetable

JUICE – 11.5 OUNCE POURABLE CONCENTRATE

100%
Juice & No
added sugar

National Brands

Nestle Juicy Juice



Apple

Approved Flavors:

- Apple
- Berry
- Punch

Welch's



Cherry Sensation

WIC approved
flavors are identi-
fied with the
yellow band

Approved Flavors:

- Apple
- Cherry Sensation
- Fruit Fantastic
- Grape
- Strawberry Raspberry
- Tropical Passion
- White Grape
- Wild Berry

JUICE – 11.5-12 OUNCE FROZEN CONCENTRATE

100%
Juice & No
added sugar

National Brands

Dole



Pine-Orange
Strawberry

Approved Flavors:

- Orange Peach
- Orange Strawberry
- Pineapple
- Pineapple Orange
- Pine-Orange Banana
- Pine-Orange Strawberry

Old Orchard



Apple

ANY FLAVOR with green
pull strip is WIC Approved.

Seneca

Flavor:

- 100% Apple



Tree Top

Flavor:

- 100% Apple



JUICE

Store Brands

Frozen Juice Concentrate

11.5–12 Ounce - 100% juice & no added sugar

100%
Juice

Any “Store Brand”

Grapefruit



Orange



May Buy:

Calcium fortified juice

If the Store Brand or Private Label not available, then Brand Name frozen orange or grapefruit allowed.

Always Save

Flavor:

- Apple



Best Choice

Flavors:

- Apple
- Grape



Great Value

Flavors:

- Apple
- Grape



Hy-Vee

Flavor:

- Apple



Kroger

Flavors:

- Apple
- Apple w/ Calcium
- Grape 100%



Market Pantry

Flavors:

- Apple w/ Vitamin C
- Pineapple
- Pineapple Orange



Our Family

Flavor:

- Apple 100%



Shurfine

Flavor:

- Apple 100%



JUICE – Frozen (100% Juice)

EGGS, BEANS & PEANUT BUTTER

Eggs

May Buy: Packages of 1 dozen
Medium or Large, White eggs only

Do Not Buy: organic, free range, egg
substitutes, eggs with low cholesterol
claims, specialty eggs, brown eggs.

Any Brand



Dried Peas, Beans, Lentils



**1 pound
Bags only**

Store Brand Only

May Buy: Any single variety of dried peas, beans, or lentils

Do Not Buy: organic beans or peas, mixed beans, soup mixes,
beans with seasoning or flavors added; bulk beans

Canned Beans



**Bush's Brand
And/Or
Store Brand**

14 to 16 ounce can size

May Buy: Any single variety, low sodium

Do Not Buy: Refried beans, chili beans, beans with added
sugar, fats, oils or meat; baked beans

Peanut Butter



Store Brand Only

May Buy:

- 18 oz ounce jar
- creamy, chunky, or crunchy

Do Not Buy: Added ingredients such as honey/jelly/chocolate,
Omega-3; peanut butter spread, natural or all natural,
squeeze tubes, organic

Milk

May Buy: Buy the size & type printed on check:

- Skim (fat free)
- 1% (low fat)
- 2% (reduced fat)
- Whole—for 1 year olds only



Store Brand

Do Not Buy:

- Organic milk, chocolate/ strawberry or other flavored milk, rice milk

Specialized Milk / Alternatives

May Buy: Buy the size & type printed on check:

Soy Milk



8th Continent Soy
Original Flavor (only)

Also Available:

- Lactose reduced milk*
- Lactose free milk*
- Acidophilus milk*
- Powdered milk*
- Evaporated milk*

*ANY BRAND

Cheese

May Buy: 1 lb. package or less

Sliced or Block

- Cheddar
- Colby
- Colby Jack
- Monterey Jack
- Mozzarella
- Muenster
- Swiss
- Reduced fat cheese
- American Pasteurized Process

Store Brand Only



Do Not Buy:

- Individually wrapped slices
- Shredded or string
- Cheese food or products (like Velveeta)
- Cheese dips or cheese balls
- Cheese with added ingredients such as jalapeño, caraway seeds, or smoke flavor
- Cheese & cracker packs
- Organic cheese or imported cheese
- Cheese products in squirt cans, squeeze bottle or jars

BABY FOODS

Baby Cereal



May Buy:

- Dry infant cereal
- 8 oz box, without fruit

Any Brand

Do Not Buy:

- Added fruit, milk, yogurt, or formula
- Added DHA
- Jars, cans, single serving packets
- Organic

Baby Food Purees

Beech-Nut



Gerber



Hy-Vee



Nature's Goodness



Fruit & Vegetables

May Buy:

- 4 oz container only
- Single ingredient fruits
- Single ingredient vegetables
- Vegetable combinations such as peas & carrots
- Fruit combinations such as apple-banana

Do Not Buy:

- Organic
- Toddler or graduates
- Dinners, desserts, cobblers
- Added sugars, starches, tapioca, yogurt, cereal, or salt
- Added DHA and /or ARA
- Added rice, pasta, noodles, cheese, meat

Baby Formula

Only WIC Approved formula as printed on WIC check

No substitutions or exchanges are allowed at the store.

Do Not Buy: Low iron formula
Organic formula

BREASTFEEDING FOR MOMS & BABIES



Breastfeeding is recommended for all babies and their mothers.



WIC Food Packages Support Breastfeeding

Fully breastfeeding women, who do not get formula from WIC, will receive the "full food package" with the largest quantity & variety of foods. The type of food package received is determined by the amount of breastfeeding.

Canned Tuna & Salmon

Fully Breastfeeding Mom's receive:

Any Brand



Light Tuna



Pink Salmon

May Buy:

- Packed in water or oil
- Combination of sizes adding up to 30 ounces or less.

Do Not Buy:

- Filets
- Individual snack pouches
- Red or sockeye salmon
- Albacore tuna
- Select, fancy or white
- Flavored or seasoned with added ingredients

Baby Food Meat:

Fully Breastfeeding Babies will receive baby food meat from (6-12 mo) of age.

Any Brand

May Buy: 2.5 ounce containers only of meat or poultry with added broth or gravy.



Do Not Buy:

- Graduates, dinners
- Organic meats
- Added DHA or ARA
- Added sugar or salt
- Containers larger than 2.5 oz
- Added rice, pasta, fruit or vegetables

FRUITS & VEGETABLES

About Your Fresh Fruit & Vegetable Check



| | | | | |
|--|---|-----------------------------|---|----------------------------------|
| PARTICIPANT ID 654321 | PARTICIPANT NAME TAYLOR, JALANI | PICTURE FOLLOWING 000/00 | NO. 12345678 | FIRST DATE TO USE OCT 5, 2009 |
|  NEBRASKA WIC PROGRAM <small>1001 CENTENNIAL BUILDING LINCOLN, NE 68502</small> |  SOYLENT <small>1001 CENTENNIAL BUILDING LINCOLN, NE 68502 TEL: 402.499.1000 ACCT. # 004 807</small> | THE WIC CARD ONLY | 12345678 | PURCHASE DATE / / |
| FOR PURCHASE OF AUTHORIZED BUYER (NAME - ONLY) | | | PICTURE F06 | LAST DATE TO USE NOV 4, 2009 |
| <div style="border: 2px solid red; padding: 5px; display: inline-block;">Fresh Fruits AND/OR Fresh Vegetables Maximum Amount \$6.00</div> | | | PURCHASE AMOUNT CORRECTION ONLY | PAID TO THE ORDER OF |
| ***** ***** ***** ***** ***** ***** ***** ***** ***** ***** | | | DOLLARS \$ | |
| VENDOR MUST DEPOSIT WITHIN 60 DAYS FROM FIRST DATE TO USE | | | SIGNATURE _____ AUTHORIZED SIGNATURE (MUST BE SIGNED AT RETAIL COUNTER) | |

**Fresh Fruits AND/OR Fresh Vegetables
Maximum Amount \$6.00**

Your fruit and vegetable check is a bit different than your other WIC checks.

- The fruit & vegetable check can be used to purchase nearly any fresh fruit or vegetable item.
- Specific types of fresh fruits & vegetables are not listed on the check. Amounts to purchase are not listed on the check. Refer to the approved listing in this brochure for guidance, so that you purchase the right types of produce. There are a few exceptions and rules to know before using these checks.
- This check is worth a specific dollar amount that is listed on the check. Dollar amounts may vary for family members.
- No change will be given if the total dollar amount of the fruit & vegetable check is not used.
- The total purchase price cannot be more than the dollar value listed on the fruit & vegetable check. If you want more fruits and vegetables you will need to pay for them yourself in a separate transaction. The next few pages will give you tips on how to make the most of your fruit & vegetable check.

Fresh Fruits



Fresh Fruits & Vegetables

May Buy:

- Whole, pre-cut, shredded, or packaged fresh fruits & vegetables
- Yams & sweet potatoes
- Fresh garlic & ginger
- Salad and/or mixed greens in a bag
- Organic is OK

Use Fruit &
Veggie check

Do Not Buy:

- Potatoes other than yams or sweet potatoes
- Salad bar items
- Salad kits with added dressing
- Added dips, creams, sauces
- Added nuts, dried fruit, croutons
- Herbs or spices (such as basil, cilantro, parsley, mint, dill)
- Fruit & nut mixtures
- Decorative fruits or vegetables
- Fruit & vegetable baskets
- Party trays
- Canned, jarred, frozen, or dried fruit or vegetables

Fresh Vegetables



Use Fruit &
Veggie check

Buying Fresh Fruits & Vegetables Priced by the Pound



These steps will help you get the most food with your fruit and vegetable check if you choose fruits & vegetables priced by the pound.

1. Place the item on the grocery store scale.



2. Round the weight up to the nearest pound or half pound.
3. Estimate the cost of the item using the Fresh Produce Chart.

FRUITS & VEGETABLES

Fresh Produce Chart

| Price per Pound (lb) | 1 lb | 1.5 lb | 2 lb | 2.5 lb | 3 lb | 3.5 lb | 4 lb |
|----------------------|--------|--------|--------|--------|--------|--------|--------|
| \$0.49 | \$0.49 | \$0.74 | \$0.98 | \$1.23 | \$1.47 | \$1.72 | \$1.96 |
| \$0.59 | \$0.59 | \$0.89 | \$1.18 | \$1.48 | \$1.77 | \$2.07 | \$2.36 |
| \$0.69 | \$0.69 | \$1.04 | \$1.38 | \$1.73 | \$2.07 | \$2.42 | \$2.76 |
| \$0.79 | \$0.79 | \$1.19 | \$1.58 | \$1.98 | \$2.37 | \$2.77 | \$3.16 |
| \$0.89 | \$0.89 | \$1.34 | \$1.78 | \$2.23 | \$2.67 | \$3.12 | \$3.56 |
| \$0.99 | \$0.99 | \$1.49 | \$1.98 | \$2.48 | \$2.97 | \$3.47 | \$3.96 |
| \$1.09 | \$1.09 | \$1.64 | \$2.18 | \$2.73 | \$3.27 | \$3.82 | \$4.36 |
| \$1.19 | \$1.19 | \$1.79 | \$2.38 | \$2.98 | \$3.57 | \$4.17 | \$4.76 |
| \$1.29 | \$1.29 | \$1.94 | \$2.58 | \$3.23 | \$3.87 | \$4.52 | \$5.16 |
| \$1.39 | \$1.39 | \$2.09 | \$2.78 | \$3.48 | \$4.17 | \$4.87 | \$5.56 |
| \$1.49 | \$1.49 | \$2.24 | \$2.98 | \$3.73 | \$4.47 | \$5.22 | \$5.96 |
| \$1.59 | \$1.59 | \$2.39 | \$3.18 | \$3.98 | \$4.77 | \$5.57 | \$6.36 |
| \$1.69 | \$1.69 | \$2.54 | \$3.38 | \$4.23 | \$5.07 | \$5.92 | \$6.76 |
| \$1.79 | \$1.79 | \$2.69 | \$3.59 | \$4.48 | \$5.37 | \$6.27 | \$7.16 |
| \$1.89 | \$1.89 | \$2.84 | \$3.78 | \$4.73 | \$5.67 | \$6.62 | \$7.56 |
| \$1.99 | \$1.99 | \$2.99 | \$3.98 | \$4.98 | \$5.97 | \$6.97 | \$7.96 |
| \$2.09 | \$2.09 | \$3.14 | \$4.18 | \$5.23 | \$6.27 | \$7.32 | \$8.36 |
| \$2.19 | \$2.19 | \$3.29 | \$4.38 | \$5.48 | \$6.57 | \$7.67 | \$8.76 |
| \$2.29 | \$2.29 | \$3.44 | \$4.58 | \$5.73 | \$6.87 | \$8.02 | \$9.16 |
| \$2.39 | \$2.39 | \$3.59 | \$4.78 | \$5.98 | \$7.17 | \$8.37 | \$9.56 |
| \$2.49 | \$2.49 | \$3.74 | \$4.98 | \$6.23 | \$7.47 | \$8.72 | \$9.96 |

| Items | Price | Quantity | Total |
|--------------------|-------|----------|-------|
| | | X | = |
| | | X | = |
| | | X | = |
| TOTAL OF ALL ITEMS | | | |
| | | | \$ |

WIC SHOPPING TIPS

Take to the Store:


1. **WIC Approved Food List.** Take this booklet with you & refer to it as you shop.
2. **WIC check(s) valid for the date you will be shopping.** WIC checks must be used during the timeframe listed on each check. Make sure you use your checks on or between the first & last dates to use.

While Shopping:

1. Shop for foods listed on your WIC checks.
2. Buy the quantity or type listed.
3. Use this Food Booklet for a complete listing of WIC eligible foods.
4. Group food purchases by WIC check.
5. Separate your WIC foods from other foods in your cart.

Sample WIC Check

| | |
|---------------------|-------------|
| FIRST DATE TO USE | OCT 5, 2009 |
| PURCHASE DATE | / / |
| LAST DATE TO USE | NOV 4, 2009 |
| PAY TO THE ORDER OF | |

| | | | | |
|--|---------------------------------|-------------------------|---|--|
| EMPLOYER ID 654321 | EMPLOYEE NAME TAYLOR, JALANI | AGENCY/CLINIC 000/00 | NO 12345678 | FIRST DATE TO USE OCT 5, 2009 |
|  NEBRASKA WIC PROGRAM <small>WIC CHECKS ARE VALID FOR PURCHASE OF FOODS ONLY</small> | | | 12345678 | PURCHASE DATE / / LAST DATE TO USE NOV 4, 2009 |
| FOR PURCHASE OF AUTHORIZED WIC FOODS ONLY: 1 BOT 64 oz Juice 36 OZ (OR LESS) Cereal 1 LB Whole Wheat Brd OR 14-16 oz Brown Rice 2 GAL 2%, 1%, AND/OR Skim Milk 1 DOZ Medium OR Large Eggs | | | CAT PURCHASE AMOUNT DOLLARS: CENTS: \$ | PAY TO THE ORDER OF AUTHORIZED SIGNATURE (MUST BE SIGNED AT RETAIL COUNTER) |
| ***** ***** ***** ***** | | | VENDOR MUST DEPOSIT WITHIN 60 DAYS FROM FIRST DATE TO USE | |

1 BOT 64 oz Juice
 36 OZ (OR LESS) Cereal
 1 LB Whole Wheat Brd OR 14-16 oz Brown Rice
 2 GAL 2%, 1%, AND/OR Skim Milk
 1 DOZ Medium OR Large Eggs

Abbreviations on some WIC checks:

| | |
|----------------------------|---------------------------|
| Brd = Bread | PKG = Package or Packages |
| BOT = Bottle | PKT = Packet |
| CONC = concentrate | Pwd = Powder |
| DOZ = Dozen | QT = Quart |
| EVAP = Evaporated | RTU = Ready to Use |
| GAL = Gallon | RTF = Ready to Feed |
| HGAL = Half Gallon | 6 PK = 6 Pack |
| LB=pound | w/o = without |
| OZ = Ounce | |
| Peanut BTR = Peanut Butter | |

WIC SHOPPING TIPS

At the Register:

1. Tell cashier you're making a WIC purchase.
2. Present WIC foods that go with each WIC check.
3. Give WIC check to cashier.
4. Cashier will verify that items are correct.
5. Cashier will ring up items – each WIC check is rung up separately.
6. Cashier will complete the purchase date on the check.

The diagram shows a WIC check form with several callouts highlighting important fields:

- PURCHASE DATE:** A callout points to the date field at the top right, which is pre-filled with "OCT 5, 2009".
- NEBRASKA WIC PROGRAM:** A callout points to the program name on the left side of the check.
- FOR PURCHASE OF AUTHORIZED WIC FOODS ONLY:** A callout points to the list of authorized items in the center.
- PURCHASE AMOUNT:** A callout points to the "PURCHASE AMOUNT" field on the right, which is pre-filled with "12345678".
- DOLLARS / CENTS:** A callout points to the "DOLLARS" and "CENTS" fields at the bottom left, which are pre-filled with "\$" and "00" respectively.
- SIGNATURE:** A callout points to the "AUTHORIZED SIGNATURE" field at the bottom right, which is pre-filled with "SIGN HERE".

The check form includes the following information:

- IDENTIFICATION NO:** 654321
- IDENTIFICATION NAME:** TAYLOR, JALANI
- AGENCY/CLINIC:** 000/00
- NO:** 12345678
- PRINT DATE TO USE:** OCT 5, 2009
- NEBRASKA WIC PROGRAM:** (Logo and text)
- FOR PURCHASE OF AUTHORIZED WIC FOODS ONLY:**
 - 1 BOT 64 oz Juice
 - 36 OZ (OR LESS) Cereal
 - 1 LB Whole Wheat Brd OR 14-16 oz Brown Rice
 - 2 GAL 2%, 1%, AND/OR Skim Milk
 - 1 DOZ Medium OR Large Eggs
- PURCHASE AMOUNT:** 12345678
- DOLLARS:** \$
- CENTS:** 00
- AUTHORIZED SIGNATURE:** SIGN HERE

7. Cashier will write the total purchase amount on the check.
8. Make sure the dollar amount written in looks correct.
9. Sign your check.

STORE BRANDS

Examples of *store brands available in Nebraska:

- Store Brand products are developed to be equal to or better than National Brands
- The cost is 10-20% less than National Brands and can help you stretch your food dollar
- Store brand products are available in grocery, frozen foods, dairy, meat, bakery, health and beauty, and other areas as well



* This list may not include all store brand products available in your area.

FREQUENTLY ASKED Q&A

Where can I use my WIC checks?

Nebraska WIC checks can only be used at WIC approved stores in Nebraska. There are over 400 stores in Nebraska that accept WIC checks. Your local WIC agency keeps a listing of WIC approved stores in the area. Also, look for the WIC Approved decal in store windows.

Are the WIC approved foods identified in the store?

Yes, look for the blue labels, like this one, on your store shelves to help you choose Nebraska WIC approved foods.



May I use my WIC checks while I'm on vacation in another state? No, you may not use your Nebraska WIC checks in another state. Nebraska WIC checks can only be used in Nebraska.

What happens if my checks are lost, stolen, or damaged?

Notify your local WIC office if checks are lost, stolen, or destroyed. Treat your WIC checks like money. Keep them in a safe place.

How can I avoid confusion at the check out line? If you are shopping for additional items at the store, be sure to group those things together and keep them separate from your WIC items. If you are using more than one WIC check at the store, be sure to group the items for each check together.

Do I get change back if I don't use the full amount of my WIC check? No, the store is not allowed to give you change back for unspent money on your WIC check.

Can I change the foods listed on my check? ONLY your WIC clinic can change your food package. If you have concerns or special needs, be sure to talk to your WIC nutritionist before your checks are printed. They may be able to adjust your food package. Do not write on your checks or alter them yourself.

Do I need to purchase everything listed on my WIC check?

No, you are not required to pick up everything on your WIC check. We encourage you to shop responsibly and only purchase the foods that you know you will use.

What if I run out of food and I've used all of my WIC

checks? The WIC program is only meant to “supplement” your diet. The foods you receive at WIC are not intended to meet all of your nutritional needs. You will need to purchase additional foods on your own. Your local agency can help you find additional food assistance programs if needed.

Can I receive services from WIC and SNAP (Food Stamps) at the same time? Yes**Can I receive services from CSFP and WIC at the same time?** NO**Can I participate in more than one WIC program at the same time?** No.

What happens if I move? Try to contact your local WIC clinic before you move. They can give you transfer information to take to the WIC clinic in your new area.



WIC is an equal
opportunity provider

